# TAYLOR-MADE, WITH A LITTLE HELP

NASHVILLE-BASED STAR TEAMED UP WITH A WHO'S WHO OF POP SONGWRITERS FOR HER FOURTH ALBUM, RED PAGE 9

REGINA metro®

Tuesday, October 23, 2012

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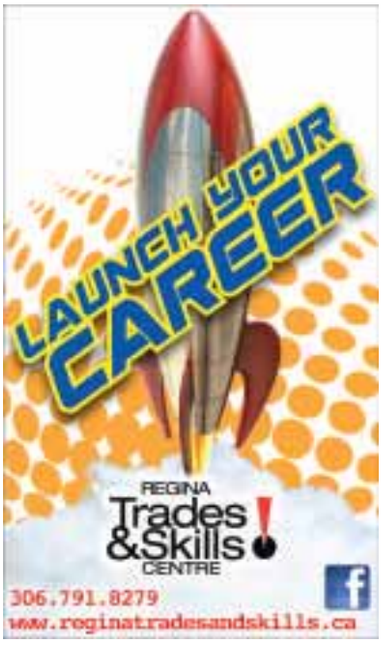


## High stakes in FINAL BOUT

Republican presidential candidate and former Massachusetts governor Mitt Romney shakes hands with U.S. President Barack Obama before the start of the third presidential debate on Monday, in Boca Raton, Fla. See story on page 5. For more coverage, visit metronews.ca. EVAN VUCCI/THE ASSOCIATED PRESS

# Man charged in highway worker's death

**August incident.** Ashley Richards, 18, was pregnant when she was hit and killed by an SUV near Midale

Charges have been laid in the death of a young woman who was struck and killed while working as a flag person in a construction zone in southern Saskatchewan.

RCMP announced Monday that they have charged Keith Dunford, 44, of Regina with criminal negligence causing death and dangerous operation of a motor vehicle causing death.

Dunford is to make his first court appearance Tuesday in Weyburn provincial court.

The charges come almost two months to the day after Ashley Richards was hit near Midale, southeast of Weyburn. The 18-year-old, who was originally from Lakeside, N.B., was working on a highway crew when she was struck by an SUV.

"It's imperative that we do a proper investigation," Sgt. Paul Dawson told reporters.

"As part of this we, have a reconstructionist that comes. This is not something that's done immediately at the scene. It takes time to do that, so that's part of the process. Personally, I don't think two months is a long time for a serious offence like this.

"As well, we also consulted with the Crown on the appropriate charges."

Motorists are required to slow to 60 km/h when passing workers and equipment in construction zones in Saskatchewan.

Dawson said RCMP enforced the law before the accident, but Richards' death prompted police to begin blitzes in the busiest orange-signed construction zones.

"In the months of September and October, our dedicated traffic units have written over 400 tickets in the orange zone. That doesn't include tickets written by regular detachment members, so that's quite a lot of tickets that have been written for that one offence," said Dawson.

"That's solely for speeding over 60 in the construction zone — over 400 tickets."

In one case on Thanksgiving weekend, traffic officers near Maidstone said they clocked an SUV going 134 km/h in a construction zone.

THE CANADIAN PRESS

Social media

## *Premier reacts to tragedy*

This case struck a chord with Premier Brad Wall, who took to Twitter in the days following Ashley Richards' death:

**@PremierBradWall:** Angry to learn from owner of constr co. where Ashley worked that drivers are still not obeying orange zone laws. SLOW DOWN. NO PASSING.

**@PremierBradWall:** Have asked Hwys and Justice Ministers to work with police, stakeholders to canvass any and all ideas to improve orange zone safety #skpoli

**@PremierBradWall:** Thx to all for ideas for orange zone improvements, especially Josh and the rest of Ashley's colleagues who want to send in theirs.

METRO

## End of an era

With election day almost here, outgoing mayor Pat Fiacco weighs in on the race to be his successor PAGE 2

## Mars mission

An Ontario physicist answers the call of Mars as he helps conduct experiments via the Curiosity rover PAGE 6

## Dollar sense

Money expert Alison Griffiths offers tips on how you can protect yourself in a volatile economic climate PAGE 13

NEWS

Moose Jaw

## Woman dies in house fire

A 48-year-old woman has died following a house fire Monday morning in Moose Jaw.

Emergency vehicles were called at approximately 5 a.m. to the 200 block of River St. East where smoke was seen coming out of the residence.

Firefighters removed the lone female occupant from the burning house and she was transported to Moose Jaw Union Hospital, where she died from her injuries. Police are still investigating the cause of the fire. METRO

White City

## Bomb scare at elementary school disrupts classes

It was a tense Monday morning at White City Elementary School.

Police and school officials were made aware of a bomb threat to the school and evacuated approximately 706 students as well as staff to a nearby community centre and skating rink.

"A child disclosed to a parent today the contents of an online chat from last night," said Cpl. Rob King of the RCMP. "This resulted in some concerns about there possibly being an explosive device here in the school."

The RCMP were contacted by the concerned parent at 8:15 a.m. At around the same time students at the school also informed staff of the threat.

At approximately 1:30 p.m. the school was cleared of any threat and students returned to class.
JEFF MACKEY/METRO

Moose Jaw

## Overcrowding peaks at Regina General

Overcrowding at one Regina hospital has reached a new high for this year.

A hospital official says numbers just released confirm that Regina General Hospital reached 132 per cent capacity last week.

Val Hunko, a health region vice-president, says the figure resulted from a combination of patients from surgeries and a higher number than usual of other people being admitted.

Earlier this year, another hospital in Regina, the Pasqua, hit crisis levels when it was 134 per cent over capacity.
THE CANADIAN PRESS

Mayor Pat Fiacco is in his final stretch as mayor of Regina. JEFF MACKEY/METRO

# Fiacco says new mayor must manage growth

**Election.** Outgoing mayor weighs in on the current race for the top seat at city hall

JEFF MACKEY
jeff.mackey@metronews.ca

The municipal election is taking place on Wednesday and it could have a transformative effect on the Queen City.

The race marks the end of the Pat Fiacco era in Regina politics.

The outgoing mayor has been at the helm of the city for the last 12 years and has governed during some of the most exciting times in the city's history.

Fiacco says that whoever wins the election needs to be prepared to tackle a problem that's rare in this economic climate.

"It is managing this growth," said Fiacco, who encouraged the future mayor to "continue to work with the provincial and federal governments to ensure there is a strategy for affordable housing."

There are nine candidates currently competing for Fiacco's job. The mayor said he wasn't surprised there was such a large field this time around.

"When the incumbent doesn't run the race is going to open right up," said Fiacco.

Fiacco has publicly endorsed longtime councillor-turned-candidate Michael Fougere. "There is no question he is the most qualified," said Fiacco of Fougere.
WITH FILES FROM THE CANADIAN PRESS

Quoted

**"When the incumbent doesn't run, the race is going to open right up."**
Mayor Pat Fiacco

Some farmers are warning that changes to the Canada Grain Act could be dangerous. GETTY IMAGES

## Wheat Board. Farm group says changes to Canada Grain Act could lead to health concerns

A western farm group is raising the alarm about proposed changes to the Canada Grain Act.

The Canadian Wheat Board Alliance says the Harper government wants to remove mandatory inward inspections at grain terminals. Bill Gehl, a grain farmer outside Regina, says changes to the Grain Act means contaminated grain may not be caught until it arrives at a customer's uploading facility.

He says that could lead to the same impact on the grain sector as the recent X-L Foods E. coli beef recall has had on the beef industry. Proposed changes to the Grain Act are included in the omnibus budget bill.
THE CANADIAN PRESS

# First Nations leaders want final say in changes to the Indian Act

**'Red herring'.** FSIN say the proposed bill to amend the Indian Act is a diversion from issues like housing, resource revenue sharing

BRIAN MOSKOWITZ
For Metro Saskatoon

A northern Saskatchewan MP has dismissed claims that he is attempting to scrap sections of the Indian Act without having consulted with First Nations leaders for their input.

"I've contacted 633 First Nations from coast to coast, on four different occasions, asking for their input and their suggestions," Rob Clarke, Conservative MP for the Desnethé—Missinippi—Churchill River riding, said in a telephone interview from his Ottawa office.

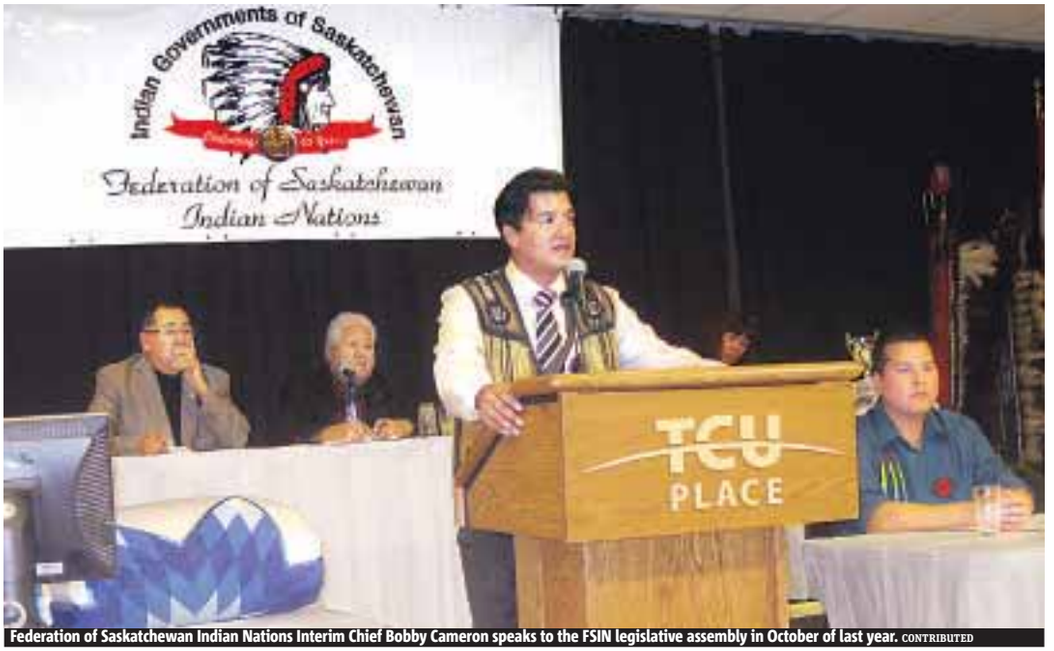
Clarke — who has called the Indian Act "racist" — described the private member's bill he introduced in parliament last week to amend the Indian Act as the beginning of a legislative process, which has the potential to be directed by First Nations themselves. But the Federation of Saskatchewan Indian Nations isn't satisfied with the level of consultation granted to First Nations.

"The consultation process is about actually sitting down at the negotiating table and putting our words into the amendments," said FSIN Interim Chief Bobby Cameron.

The FSIN called the proposed bill a "red herring" which it says the government is using to draw the public's attention away from issues like housing and resource revenue sharing.

"This is my bill," said Clarke, a member of the Muskeg Lake First Nation.

The omnibus bill introduced by Finance Minister Joe Flaherty last week contained amendments to the Indian Act, but Clarke said he is unaware of the exact nature of the proposed amendments.



Federation of Saskatchewan Indian Nations Interim Chief Bobby Cameron speaks to the FSIN legislative assembly in October of last year. CONTRIBUTED

# Native-rights activist, actor dies at 72 from throat cancer

Russell Means spent a lifetime as a modern American Indian warrior. He railed against broken treaties, fought for the return of stolen land and even took up arms against the federal government.

A onetime leader of the American Indian Movement, he called national attention to the plight of impoverished tribes and often lamented the waning of Indian culture. After leaving the movement in the 1980s, the handsome, braided activist was still a cultural presence, appearing in several movies.

Means, who died Monday from throat cancer at age 72, helped lead the 1973 uprising at Wounded Knee — a bloody confrontation that raised America's awareness about the struggles of Indians and gave rise to a wider protest movement that lasted for the rest of the decade.

Before AIM, there were few national advocates for American Indians. Means was one of the first to emerge. He sought to restore Indians' pride in their culture and to challenge a government that had paid little attention to tribes in generations. He was also one of the first to urge sports teams to do away with Indian names and mascots.

"No one except Hollywood stars and very rich Texans wore Indian jewelry," Means said, recalling the early days of the movement. And there were dozens, if not hundreds, of athletic teams "that in essence were insulting us, from grade schools to college. That's all changed."

AIM was founded in the late 1960s to demand that the government honour its treaties with American Indian tribes.

THE ASSOCIATED PRESS

Russell Means, a former American Indian Movement activist who helped lead the 1973 uprising at Wounded Knee, and appeared in several Hollywood films, died early Monday at his ranch. THE ASSOCIATED PRESS FILE

**The actor**

Means' acting career began in 1992, when he portrayed Chingachgook alongside Daniel Day-Lewis in "The Last of the Mohicans." He also appeared in the 1994 film "Natural Born Killers," voiced Chief Powhatan in the 1995 animated film "Pocahontas" and guest starred in 2004 on the HBO series "Curb Your Enthusiasm."

# Ex-aide to PM pleads not guilty to fraud

**Influence-peddling.**
Bruce Carson set to face trial over charges that he illegally lobbied Indian and Northern Affairs

A former aide to Prime Minister Stephen Harper will go to trial next summer on influence-peddling charges.

Bruce Carson is scheduled to appear in the Ontario Court of Justice for a five-day trial, beginning July 22.

An agent for Carson's lawyer said Monday that, by setting a trial date, Carson has pleaded not guilty to a charge of fraud on the government, also known as influence peddling.

The Prime Minister's Office contacted the Mounties in March 2011 with allegations that Carson had illegally lobbied the federal government.

Carson was an adviser to Harper from 2006 to 2008.

Lawyer Pat McCann maintains his 66-year-old client will vigorously defend himself.

Concerns about possible impropriety were first raised by the Aboriginal Peoples Television Network.

It reported that Carson had allegedly lobbied Indian and Northern Affairs on behalf of an Ottawa-based water company that employed his girlfriend.

THE CANADIAN PRESS

## A display of dismay

Protesters take part in a mass sit-in in front of the British Columbia legislature in Victoria, B.C., Monday, to protest the proposed Northern Gateway pipeline. JONATHAN HAYWARD/THE CANADIAN PRESS

# Ailing father's son makes fervent plea to the NHL on YouTube

A man in Alberta who wants to watch one last hockey game with his dying father is pleading on YouTube for an end to the NHL lockout.

The video, titled NHL Lockout Kills Dreams, has been viewed nearly 50,000 times since it was posted last Thursday.

John Dick says he has fond childhood memories of cuddling up on the couch with his dad, Bruce, and cheering for the Edmonton Oilers.

And he planned to spend the last couple months of his dad's life watching more hockey on TV from his dad's hospital room in Leduc, south of Edmonton

He says his dad is dying of throat cancer and heavy medication often makes him forget about the lockout.

Dick says he has to remind his father about the lockout and why they can't turn on the game.

THE CANADIAN PRESS

In this screengrab from a video on YouTube titled NHL Lockout Kills Dreams 2012, John Dick sits by his father Bruce in a Leduc, Alta., hospital room. THE CANADIAN PRESS/YOUTUBE

Peeping Toms

## Austrian art project leads to complaints

An Austrian artist has installed a one-way mirror in a Vienna cafe that allows men to peek from their restroom into the ladies room.

Alexander Riegler told the daily Heute newspaper Monday that the mirror is an attempt to "stir people into a discussion of voyeurism and surveillance," in an era when almost everyone is being watched.

Cafe employee Alexander Khael-Khaelsberg says the mirror only shows women at the sink and does not offend anyone's private sphere.

He told the daily Heute newspaper Monday that women will get their turn in January, when the mirror is reversed to let them look at men's faces while they stand at the urinal.

The restaurant recently put up a sign advising women that they are part of an "art project" after complaints.

THE ASSOCIATED PRESS

Meaty issue

## Rancid Tweet: Wildrose Opposition leader apologizes for suggesting tainted meat could suffice for homeless

Alberta's Wildrose Opposition Leader Danielle Smith says it was a mistake for her to tweet that properly cooked tainted meat could feed the homeless.

Smith told an open line radio show that if you can't explain your position in 140 words on Twitter, you shouldn't try.

On the weekend, Smith went on Twitter to suggest meat that had to be recalled by XL Foods in Brooks, Alta., could be cooked to destroy E. coli bacteria and then fed to 'the hungry.'

The company will dump the meat in a landfill, and Smith now agrees that's a better option.

THE CANADIAN PRESS

Religious freedom

## Gay couple file complaint after being denied access to wedding site

Two upstate New York women turned away from a potential wedding site because they are gay have filed a discrimination complaint, setting up a possible precedent-setting battle involving the state's new same-sex marriage law.

The complaint with the state Division of Human Rights appears to be a first involving a wedding venue since same-sex marriage became legal in New York in July 2011, according to advocates on both sides of the issue.

One prominent gay marriage opponent said the case could test the breadth of the law's religious freedom language.

Melisa Erwin and Jennie McCarthy, of Albany, filed the complaint Oct. 11 after the nearby Liberty Ridge Farm said it would not host their wedding next summer. McCarthy said when the owners, Robert and Cynthia Gifford, found out they were a same-sex couple, the women were told there was a problem.

THE ASSOCIATED PRESS

# Obama, Romney face off in final debate

**Third round.** Tied in the polls, candidates tussle over foreign affairs in last U.S. presidential debate

U.S. President Barack Obama fiercely defended his record on foreign policy on Monday in his third and final debate against Mitt Romney, a showdown with sky-high stakes just two weeks until election day.

"My first job as commander-in-chief is to keep the American people safe, and that's what we've done over the last four years," Obama said, citing his administration's decision to end the war in Iraq, to hunt down al-Qaida operatives and to capture 9-11 mastermind Osama bin Laden.

In their latest debate in Boca Raton, Fla., Obama wasted no time taking aim at Romney's often inconsistent record on foreign policy, pointing out his rival for the White House once said Russia was America's biggest geopolitical foe and called for troops to remain in Iraq.

THE ASSOCIATED PRESS

**International focus**

**Foreign affairs took centre stage at the final debate.**

- **Romney.** He and his fellow Republicans have criticized the Obama administration's response to a September attack on the U.S. consulate in Benghazi, Libya, that killed the ambassador and three other Americans. Romney has little foreign affairs experience.
- **Obama.** Foreign policy is generally seen as Obama's strength. He gave the order leading to the killing of terrorist leader Osama bin Laden and fulfilled a promise to withdraw U.S. troops from Iraq.

A woman walks past a television at a restaurant in Cambridge, Mass. on Monday showing the third U.S. presidential debate between Republican presidential candidate former Massachusetts Gov. Mitt Romney and President Barack Obama.

CHARLES KRUPA/THE ASSOCIATED PRESS

**Earthquake**

## Expert convictions 'sad day for science'

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending there was no way of knowing that a flurry of tremors would lead to a deadly quake.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

THE ASSOCIATED PRESS

**Criticism**

## Baird slams Iran, Syria at event

Foreign Affairs Minister John Baird abandoned host-country niceties Monday as he levelled a blistering attack against the human rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

Iranian and Ugandan delegates at the IPU assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

Even though the Conservative government has cut off diplomatic relations with Iran and Syria in particular, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU, which Canada is hosting this year.

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# Man on a mission: On call and loving every Mars minute of it

**Search for life on Mars.** Physicist's life on Earth consumed by project

AMBER SHORTT
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs, the best man — the person responsible for getting the beer flowing — couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: The Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he's spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has devoted the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with a machine on another planet.

"It was never a given that we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

**Quoted**

**"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."**

Nick Boyd, on Canada's involvement in the Mars Science Laboratory mission.

But after the landing crew "won the biggest game of their lives," Boyd only nabbed a couple hours sleep before his work began.

Since then, the tactical team has been working in two shifts on "Mars time" to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

### "Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However NASA has a way to make sure cooler heads prevail: A giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.

Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

### Transition back to Earth

Starting next month, the team will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious when talking about how long Curiosity will operate.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes NASA's previous rovers that launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak up every moment on the Red Planet.

"I tell people I'm in Year 5 of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

**Curiosity**

## *A ton of fun on the 4th rock from the sun*

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost an entire day. Because of that, calculations must to be tested and retested on a stunt-double rover at the lab's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream play-date."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he said it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

**By the numbers**

**567M** Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

**899** Curiosity rover weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

**98** The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. *Courtesy NASA*

## Mars. APXS big deal for Canadian science

Iain Campbell, Alpha Particle X-ray Spectrometer co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water, and Campbell is optimistic that Curiosity will be able to top those findings.

Iain Campbell

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to being more acidic billions of years ago, and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current $2.5-billion mission is the largest exploration expedition is history. "If you want to play in the big leagues … Canada is there."

NASA's Curiosity rover aimed two instruments to study a rock known as 'Jake Matijevic.' The red dots are where the ChemCam instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view. MSSS/JPL-CALTECH/NASA/GETTY IMAGES

# Developing a mobile continent

Youth share ideas in a technology hub in Addis Ababa, Ethiopia. The club has 500 members and has spawned three companies. GLYN RILEY/METRO WORLD NEWS

**Kumasi, Ghana.**
When it comes to cellphone culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it

ELISABETH BRAW
Metro World News in London

At Kwame Nkrumah University of Science And Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile app company.

"I realized that students weren't told about schedule changes, so I created a mobile app for it," he explains. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday, a technology hub at KNUST whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana.

"This is part of a whole new movement in Africa," observes founder Bobby Okine. "People want to do something that will be recognized."

It's obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy three per cent of Africans now have a mobile phone, compared to just four per cent 10 years ago.

The figure is expected to rise to 85 per cent by 2015, according to research firm Royce Funds. Indeed, in its mobile phone culture Africa is leapfrogging the West.

"Africa is the future," says Jesse Ofori, 21, another young KNUST student with his own technology firm. "You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that." Indeed, at Kumasi's rudimentary airport, posters advertise mobile banking services.

"Young Africans are realizing that you can have a laptop and make a lot of money," observes Okine.

"They're well-informed, and they're aware of Africa's problems. We say, 'Why not create an app to solve some of those problems?' People want things to change, and they want to make money."

**Quoted**

**"Young Africans are realizing that you can have a laptop and make a lot of money. They're well-informed, and they're aware of Africa's problems."**

**Bobby Okine,** founder of the mFriday hub at Ghana's Kwame Nkrumah University of Science and Technology

**Top five African apps**

- **Saya:** Smartphone messaging, Facebook and chat apps for low-end devices.
- **iCow:** Alerts farmers to vital times in their cows' gestation period. Helps farmers find the nearest vet.
- **mNotify:** Bulk SMS service for universities, companies and other organizations.
- **mPedigree:** Patients can text information about medicine they've been given, and receive an SMS message back informing them whether or not the medicine is counterfeit.
- **BudgIT:** Users text the service with requests for particular data about Nigeria's budget and receive information by SMS.

# Paying it forward: Dragon finds new way to help entrepreneurs

Dragons' Den star Arlene Dickinson is expanding her portfolio with a new company dedicated to serving entrepreneurs.

Arlene Dickinson Enterprises aims to invest in the self-employed while also providing lifestyle support through a magazine and website under the YouInc. Banner, which has the tag line "When life is work."

"As the economy started to shift a few years ago, I started to really understand even more the importance of entrepreneurs in our economy and I really felt that as a group we are underserved," said the CEO of Venture Communications, who also appears on business reality show The Big Decision.

**Quoted**

**"I've invested significant dollars in this because I believe so deeply in it. It is to me a calling as much as it is 'How do I make money on this?'"** Arlene Dickinson

"People either spoke to us from a professional viewpoint, or from a personal viewpoint, but what they never really understood was that an entrepreneur was kind of this whole being. It is a lifestyle choice, it is who you are. And there really wasn't a voice that was capturing the entrepreneurial lifestyle. What I wanted to do was create a media content company that would really start to entertain, inform and educate entrepreneurs."

The investment side of her new venture, which includes partnerships with Kirchner Private Capital Group and Torstar-owned Metroland Media Group Ltd., will solicit entrepreneurs in search of funding.

TORSTAR NEWS SERVICE

Dragons' Den and The Big Decision star Arlene Dickinson poses in her Toronto office. On Monday she announced the launch of a media and investment venture designed to help entrepreneurs. TARA WALTON/TORSTAR NEWS SERVICE

## E.T. hitches a ride

As PR junkets go, it's not the most glamourous outing: A wax figure of E.T. from the 1982 Steven Spielberg film, E.T. the Extra-Terrestrial, is wheeled through central London on Friday by a Madame Tussauds employee to mark the Blu-ray edition release of the film. On Monday, Tussauds launched E.T. wax figures in London, Berlin, Amsterdam, Sydney and Hollywood. JOEL RYAN/INVISION/THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR**
**100.75¢**
**(+0.07¢)**

**TSX**
12,403.54 (-12.44)

**OIL**
$88.73 US (-$1.32)

**GOLD**
$1,726.30 US (+$2.30)

**Natural gas:** $3.452 US (-16.5¢)
**Dow Jones:** 13,345.89 (+2.38)

# iPad mini? Canadian bloggers have the inside scoop on Apple product launches

On Tuesday, the world's attention will turn to California, where Apple is set to make a product announcement that will undoubtedly flood Facebook and Twitter with countless posts lusting after what's expected to be a smaller, more mobile 20-centimetre iPad.

Apple's product launches are closely guarded secrets — but leaks are inevitable.

In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecasted Apple would release its new "iPad mini" this month for between $200 to $250. Whether he was right will soon be revealed, but past posts on his iMore.com site accurately reported details about the iPhone 4S, the iPhone 5 and the "new iPad" before Apple made its official announcements.

So what's his secret? Ritchie says he has various sources within Apple and at other manufacturing, retail and mobile carrier companies that feed him information from time to time.

"I'm just lucky enough that I get enough pieces that I can start to put things together," says Ritchie, 40, who notes that he sweats every prediction he makes.

**Quoted**

**"I'm just lucky enough that I get enough pieces that I can start to put things together."**

**Rene Ritchie,** a Montreal-based blogger

Other elite tech bloggers have come to trust Ritchie given his spot-on coverage over the past year or so, says Jim Dalrymple, another Canadian who's looked to for Apple scoops. Dalrymple co-runs the website The Loop out of his home office in Bedford, N.S., just outside Halifax.

THE CANADIAN PRESS

# TEN THINGS TO STOP WORRYING ABOUT RIGHT NOW

SHE SAYS...
Jessica Napier
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter, looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

**1** Who will get kicked off next week's episode of The Bachelor Canada. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

**2** Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row and that's OK, everyone, because we all do it.

**3** Purchasing embarrassing drug store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

**4** Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity (or shame) sizing purposes.

**5** Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

**6** Whether or not the other people on the bus are judging your reading materials. Reading 50 Shades of Grey on public transit is about as scandalous as wearing a turtleneck while watching a PG-rated film.

**7** Thinking up an original Halloween costume. It's not going to happen, no matter how unique or creative you think you are — someone else is going to do the same thing, and they're probably going to do it better than you.

**8** Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

**9** Whether your stuff "matches" with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

**10** How many calories are in this? If you have to think about it then you already know the answer is probably too many.

Follow Jessica Napier on Twitter @MetroSheSays

Wondering what shade to choose? Here's a tip: No one actually cares. FLICKR

# 7 wins — those never happened

GETTY IMAGES

**Doping**

## Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened.

"He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

**Culture of secrecy**

**The doping doubts were there since 1999.**

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.
- A book in 2004 where the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

**Overcoming obstacles**

## Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. THE ASSOCIATED PRESS

**Loosen tongues**

**The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.**

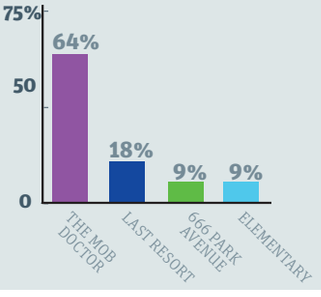
- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood.

SEE SPORTS, PAGE 14, FOR MORE COVERAGE.

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

**What new TV show should be the next to be cancelled?**




**Twitter**

**@AdmiralPawPaw:** What is it about a 4 way stop that turns every driver in Regina into a bumbling idiot? #yqr

**@sbourassa:** Oh yuck... sure looks like the snow is a comin'! #yqr #skstorm

**@weezermom:** Even with the heat on, it feels colder in my house #yqr #greyskies #oldhouse

**@nickfaye:** Stopped by The Artful Dodger to grab a coffee and tickets for @aidanknight tomorrow night in #yqr. So pumped. Gonna be a blasty blast!

**@TdotRegina:** Within 15 min of being back in #yqr I was muttering "Oh I didn't need to see that" after man butt-crack appeared. Keep it classy Regina.

metro
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DVD reviews

## Magic Mike

**Director.** Steven Soderbergh

**Stars.** Channing Tatum, Alex Pettyfer, Olivia Munn

●●●○○

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL

Taylor Swift says her infectious hit We Are Never Ever Getting Back Together happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

# We are never, ever getting tired of Taylor

**Red.** Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, Red, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit Someone Like You, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's Since U Been Gone, and Britney Spears' ...Baby One More Time.

Together with Martin's protégé, Shellback, the trio co-wrote her own current smash, the infectious and decidedly un-country We Are Never Ever Getting Back Together, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

**Weird in the woods**

**Watching the music video for We are Never Ever Getting Back Together, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."**

# Diamond Rings gets ready to shine

**New album.** Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, Special Affections, John O'Regan, best known to the world as Diamond Rings, didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record, Free Dimensional, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.

John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

SCENE

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

## Pop went the couple: Styles wasn't heading in One Direction with Swift

While Taylor Swift is over the moon with current boyfriend Conor Kennedy, she reportedly suffered heartbreak at the hands of One Direction member Harry Styles just before meeting Kennedy, according to Radar Online. Apparently the pair dated briefly earlier this year but ended it when Styles was photographed locking lips with model Emma Ostilly.

"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her," a source says. And while Swift was allegedly warned by her personal psychic of impending heartbreak, she was still caught off guard the morning she awoke to a barrage of text messages from Styles "begging for a chance to explain and telling her not to believe everything she reads," the source says. "She immediately googled Harry and found all the stories and pictures of him kissing Emma. She was heartbroken."

**When Harry met Taylor**

**"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her."**

Source regarding Taylor Swift and Harry Styles' past relationship

Jennifer Esposito

## Gluten and intolerance: Esposito takes a jab at CBS

Blue Bloods star Jennifer Esposito is irate over producers of the hit CBS show sidelining her character due to the actress' health issues, and she's taken to Twitter to vent.

"CBS put me on unpaid leave and has blocked me from working anywhere else after my doctor said you needed a reduced schedule due to Celiac [disease]," Esposito writes. "CBS didn't listen to my doc and I collapsed on set. Which everyone saw! After a week off, my doc said I could return to work but CBS implied that I was not truly ill and this was a scheme to get a raise! It's been almost two months without bringing me back to work and keeping me from working anywhere else! Absolutely shameful behavior."

The show's studio has responded with a statement saying that Esposito "is a wonderfully talented actress and we hope that she will be able to return at some point in the future."

**The Word**

## *Celebrity Halloween: A how-to guide*

MONICA WEYMOUTH
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For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

**Tina Fey**
This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

**Zooey Deschanel**
The essentials: A vintage a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

**Sexy Louis C.K.**
Cut a deep V in an oversize black T-shirt that's faded enough to really show the grease stains. If possible, resist the urge to make jokes about having sex with dead things.

**Prince Harry**
Shower with things that smell rich, woodsy and clueless. Put on a very large, very expensive watch. And … well, you're good to go.

**Avril Lavigne and Chad Kroeger**
The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

## Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to put her under a conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."

## Costumed Katy only has eyes for John

Katy Perry

Even though Katy Perry's birthday isn't until Thursday, she apparently couldn't wait to get the party started, throwing a lavish Halloween-themed costume birthday party at Los Angeles' Magic Castle on Friday, according to Us Weekly.

And while guests including Kristen Stewart, Neil Patrick Harris and Skrillex were in attendance, the birthday girl — dressed up as a vampire — only had eyes for John Mayer, whose elaborate zombie-hunter costume even involved a prosthetic nose and chin. "They were in their own world. She didn't even talk to her friends much," a source says. "It was just her and John. She's obsessed with him. She said hello to people but then went right back to him."

**Twitter**

**@RedHourBen**
Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.

**@Joan_Rivers**
Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.

**@RealVinceVaughn**
my verification is pending.

**@AlbertBrooks**
I wish there was a debate on every night. I so love arguing.

Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

# Sleep-deprived new parents can finally get some shut-eye

**New product.** Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL
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The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort.

Thankfully, there just might be an app for that.

Barry Authors is a Canadian musician whose single No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying," Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

**Online**

**Where can you find the app for your phone?**

- **Online.** BabyDoze is available for both iPhone and Android. More details at babydoze-wombsound.com.

# Want to prevent a cold? Avoid your T-zone

CELIA MILNE
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Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation (henrythehand.com), which teaches hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.

Other flu prevention tactics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

**Words to live by**

**Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.**

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

**Best Health**

## *Answers to everyday questions*

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health magazine, on newsstands now, offers straight talk and real answers for Canadians. Here are just a few examples.

**Can eating less slow down the aging process?**
Yes. Significantly reducing calorie intake has been shown to increase lifespan, at least in lab animals. As for the human research, studies show that people on calorie-restricted diets have substantially lower levels of inflammatory proteins in the blood.

**Need to know**

**"Significantly reducing calorie intake has been shown to increase lifespan."**

**Are ulcers always the result of stress and spicy food?**
No. In fact 80 to 90 per cent of stomach ulcers result from infections caused by bacteria called Helicobacter pylori.

**Does "use it or lose it" really apply to brain function?**
Yes. Many studies have suggested that people who regularly engage in activities that require the brain to process information are less likely to develop Alzheimer's and other neurological diseases that lead to loss of mental clarity.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS

Stomach ulcers are often caused by bacteria infection. ISTOCK PHOTOS

# Hearty, rich and creamy chowder without excess fat

ROSE REISMAN
for more, visit
rosereisman.com

Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

**Ingredients**

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley

**1.** Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.

**2.** Add oil to large, nonstick pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.

**3.** Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

**Health Solutions**

## Smarter Snacking

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack well, consider these this afternoon:

- **Green tea or espresso (single shot, unsweetened)**
- **Steamed edamame beans**
- **Hummus**
- **A handful of walnuts**
- **A cup of berries**
- **A tub of yogurt**

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Add flair to chicken soup with dumplings

A basic chicken soup is fine for when you need warmth and comfort.

But what about those particularly blustery fall evenings when fine isn't sufficient? For those nights, this more robust take on the basic chicken soup oozes even more comfort and warmth.

First, amplify the savoury side by sautéing a half pound of mixed mushrooms. And for good measure, add a handful of dried porcini mushrooms.

For starchy comfort, top the soup with pillowy-soft dumplings. And to tie it all together, lace the dumplings with savoury Parmesan.

**1.** In bowl, combine porcini mushrooms with 1 cup of boiling water. Set aside.

**2.** In a large deep pot, heat oil over medium-high. Add the mixed mushrooms and sprinkle lightly with salt. Sauté until browned, about 10 mins. Add shallots and leeks and continue to cook until softened, 8 mins.

**3.** Add chicken and cook until browned. Add barley, rosemary, thyme, few grinds of black pepper, broth and porcinis with soaking water. Cover and reduce heat to maintain a simmer. Simmer until the barley is tender, about 45 minutes.

**4.** Meanwhile, prepare dumplings. In bowl, whisk flour, sugar, baking soda, baking powder, salt, black pepper and cayenne. Stir in the Parmesan. In another bowl, whisk eggs and buttermilk, then melted butter. Gently stir liquid ingredients into dry ingredients just combined.

**5.** Drop dumpling mixture by the tablespoon onto the top of the soup. Cover, bring to a boil and cook for 5 to 7 minutes.

THE ASSOCIATED PRESS

**Ingredients**

**Soup**

- 1 oz dried porcini mushrooms, chopped
- 2 tbsp vegetable or canola oil
- 1 lb mixed sliced mushrooms
- Salt
- 2 medium shallots, sliced
- 1 leek, white part only, sliced
- 1 lb boneless, skinless chicken thighs, cubed
- 1/2 cup pearled barley
- 2 tsp minced fresh rosemary
- 1 tbsp minced fresh thyme
- Ground black pepper
- 6 cups low-sodium chicken broth

**Dumplings**

- 2 1/2 cups all-purpose flour
- 2 tbsp sugar
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- 1 cup grated Parmesan
- 2 eggs
- 1 1/2 cups buttermilk
- 1/2 cup (1 stick) butter, melted

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

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# A chilly economic wind blowing through Canada?

**Alison on money.** The IMF warns of an economic domino effect

YOUR MONEY
Alison Griffiths
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Last week the International Monetary Fund (IMF) scolded Canada for "domestic vulnerability" with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that "a sharp or sustained decline in house prices could seriously set back the leveraged household sector and domestic demand." In real speak, there's potential for an economic domino effect. A declining housing market puts pressure on family debt, seriously affecting what we buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator. It's not a pretty picture.

If you're concerned that the IMF's fears will be born out, try this:

**1. Take stock**
Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising interest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren't much lower than a five-year fixed term. You could also pay bi-weekly or make larger payments. Homebuyers shouldn't purchase until a larger down payment is in hand.

**2. Cut spending**
You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don't let food items become stale-dated.

**3. Build up cash**
Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn't hurt to be prepared.

## A frugal approach to cross-border shopping

FUN AND FRUGAL
Lesley Scorgie
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The case for Canadians to shop south of the border is strong these days. ISTOCK IMAGES

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I'm on the road and I'm never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with $200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is $800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can't be ignored.

According to a report from BMO published this past summer, U.S. products tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

• Research where to shop (outlet malls or shopping districts), what's on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).

• Don't buy what you don't need and stick to a budget.

• Scour the sale racks for last year's top sellers and items that have just gone out of season (they're probably still 'in' for Canada). Buy high-quality discounted items from bulk distributors.

• Ask whether local taxes qualify for exemption. Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).

• You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.

• Lastly, determine whether the cost of your trip is worth the savings. If you spend $700 on airfare and a hotel, is it worth saving $200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don't write-off the locals.

# Is yours a healthy, happy home?

**Advice.** Bestselling author Gretchen Rubin is back with another self-help winner. She claims you'll be happier in life if you're Happier at Home. Here's why

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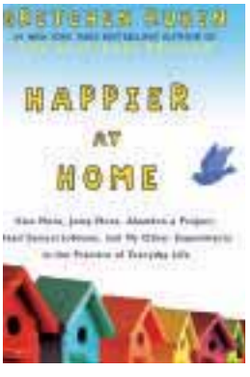
Gretchen Rubin and her book (below) Happier at Home. DAVE CROS




The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

"If you're not happy at home, it's hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you're happy at home, you'll have a much stronger place from which to go out into the world," she tells Metro.

Want to be a happy? Here's what Rubin suggests you do:

### 1. EMBRACE GOOD SMELLS:

"People that suffer from anosmia (loss of the ability to smell) often become depressed.
A good smell is a quick fix. It gives you an immediate lift. It's not like eating a cookie but having to count calories or reading a book but needing time. It doesn't have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen."

### 2. KISS & HUG: 'Act the way you wish you felt'

"People think we act because of the way we feel when really, we feel the way we act. If you act in a loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you're communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out negative feelings such as anger or resentment."

### 3. JUMP!:

"Our home is the symbolic resting place for our body. It's the launching pad of all your routines.
Your body is everything — whatever you do, your body will always be there. Any of the habits related to caring for your body, you have to figure them out from home. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step."

### 4. CLEAR OUT CLUTTER:

"Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn't a big deal, yet somehow it can weigh you down. Getting control over the inflow of 'stuff' will make you feel more in control of life in general. Make sure you only have things you need, use and love. Everything else can go."

### 5. READ THE MANUAL:

"Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you'll notice there's a tab or a little thing you pull to open. This applies to anything — whether you're trying to open a tin of beans or putting together a shelf. Take a few seconds to think, 'is there a way I'm meant to do this?'"

### 6. TECH: 'Is a very good servant and a bad master'

"Technological devices have a valuable role to play so long as they don't crowd out other things that are more important, like family. You need to create boundaries so that technology doesn't invade your life like a weed.

### 7. CREATE A LOVE SHRINE:

"Even if you live alone, you have relationships that are a part of you. Making a sort of shrine — which can include anything from music, travel mementos, photo albums or jewelry — that creates a specific place that is full of love. You may want to have a wall of photographs of your friends or of your family to remind you of the things and people that make you happy."

### 8. GO TO BED:

"Some people think they're too tired to do anything except watch TV or cruise on the Internet and dedicate a lot of time to these very low grade activities that don't boost happiness. But don't let these activities eat up a lot of your time or you'll stay up too late and wake up feeling exhausted. If you were too tired to do anything but watch TV, then go to sleep."

WHL

## Pats look to rebound vs. Rebels

The Regina Pats will look to get back on track tonight in Red Deer. Coming off a loss at home to the Tri-City Americans on Friday night, the Pats head to Red Deer to face the Rebels

The puck drops at 7 p.m.

METRO

NFL

## Panthers GM fired after brutal start

Marty Hurney was fired Monday as general manager of the Carolina Panthers one day after star quarterback Cam Newton expressed his frustration with a 1-5 start.

The move came after Sunday's 19-14 loss to Dallas.

THE ASSOCIATED PRESS

Marty Hurney THE ASSOCIATED PRESS FILE

NBA

## Foot injury keeps Kobe out of action

Kobe Bryant skipped the Los Angeles Lakers practice Monday to rest his bruised right foot. Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday.

THE ASSOCIATED PRESS

NFL

**"You watch film and not everybody was playing hard every snap. And that's unacceptable."**

**Buffalo Bills defensive end Chris Kelsay** on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable.

# Tour record book in tatters

**Cycling.** Losses continue to pile up as governing body erases Armstrong's Tour de France victories

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

From the sport's perspective, it's all gone.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

Armstrong's fiercely defended reputation as a clean athlete was shattered by the U.S. Anti-Doping Agency two weeks ago, when it detailed evidence of drug use and trafficking by his Tour-winning teams.

USADA released its report to show why it ordered Armstrong banned from competition back in August. Monday's judgment by the UCI was just the necessary next legal step to formalize the loss of his titles and expel him from the sport.

It will likely also trigger painful financial hits for Armstrong as race organizers and former sponsors line up to reclaim what are now viewed as his ill-gotten rewards, though the cyclist maintains he never doped.

The U.S. government could also get involved in a case brought by Floyd Landis, who was key to taking down his illustrious former teammate by turning whistle-blower in 2010.

THE ASSOCIATED PRESS

**By the numbers**

## $3.85M

**Tour de France director Christian Prudhomme wants Armstrong to pay back prize money from his seven wins, which the French cycling federation tallied at 2.95 million euros ($3.85 million US). Armstrong was also awarded $7.5 million plus legal fees from Dallas-based SCA Promotions Inc., which tried to withhold paying a bonus for the rider's 2004 Tour victory after it alleged he doped to win.**

**Armstrong camp quiet**

**Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.**

- He argued the process was rigged against him.

Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

**Lockout.** Couture thriving in new Swiss hockey home

He can't play for the NHL, but Logan Couture is proving to be a bonus for the National League A Geneve-Servette team in Switzerland.

The NHL locked out its players on Sept. 15, sending many of them to foreign countries to keep their skills sharp.

It didn't take long for Couture, a former Ottawa 67 in the Ontario Hockey League, to get used to his new environment. The second leading scorer for the San Jose Sharks last season has notched three goals and seven assists in 10 games in Geneva.

He's at the heart of a trio that is considered the most productive on the team, which includes Dan Fritsche (7-9-16) and Kevin Romy (6-9-15).

"I'm here to help the team," said the 23-year-old Couture, who amassed 65 points, including 31 goals with the Sharks in 2011-12. "I don't just do it by collecting points and goals. I want to play well and contribute in any way I can."

His team is far ahead of its rivals with 35 points, six more than Fribourg-Gotteron and Zurich. THE CANADIAN PRESS

**Quoted**

**"Every hockey player wants to play in the NHL ... We want to reach a deal, but if it doesn't happen, I'll be happy to continue playing in Geneva."**

**Logan Couture**

# NHL to players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their recent proposals Monday and have yet to even make plans for another bargaining session this week. With a Thursday deadline looming to reach an agreement and salvage an 82-game season, the sides appeared to be at odds over how best to proceed.

"(I'm) not sure there is any reason to meet if there is nothing new to say," deputy commissioner Bill Daly told The Canadian Press in an email. "Our position was communicated to the union pretty clearly last Tuesday and then again on Thursday.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us."

The sides touched base by phone over the weekend following a busy few days that saw each of them table new offers. They had been expected to gather in New York at some point this week.

"They say they want a deal, but then they say they only want to meet if it is on their terms," said Steve Fehr, the NHLPA's special counsel. "Strange. That is not the way to reach an agreement. Bargaining is give and take — not just take."

Last Tuesday, the NHL proposed a 50-50 split of revenues across the board as part of a deal that would see a full regular season begin on Nov. 2. The union countered Thursday with three different proposals, which all moved towards 50-50 over the course of the deal.

The biggest concern for the NHLPA is ensuring all current contracts are honoured in full.

THE CANADIAN PRESS

**By the numbers**

## 135

**The 37-day lockout has already seen 135 regular-season games wiped off the calendar. The NHL believes there would be enough time to add them back on and play a full season if an agreement could be reached in time to open abbreviated training camps on Friday.**

## Horoscopes

### ♈ Aries
**March 21 - April 20**
A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

### ♉ Taurus
**April 21 - May 21**
You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

### ♊ Gemini
**May 22 - June 21**
The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

### ♋ Cancer
**June 22 - July 23**
The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

### ♌ Leo
**July 24 - Aug. 23**
It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

### ♎ Libra
**Sept. 24 - Oct. 23**
You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

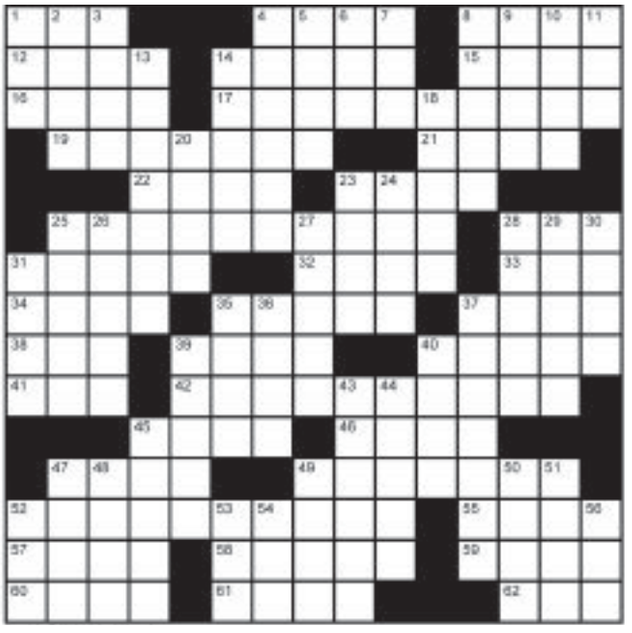
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

### ♓ Pisces
**Feb. 20 - March 20**
Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. **SALLY BROMPTON**

## A Few Teams Are in Here

BY MICHAEL WIESENBERG



**Across**
1. Cable channel that broadcast *The Sopranos*
4. "Quit it!"
8. Lubricates
12. Alero or Cutlass, in brief
14. Mother of William and Harry
15. Thought
16. Slave away
17. Put at risk
19. The Gulf Islands are in BC's Strait of ___
21. Stink
22. Ancient France
23. Animal den
25. Calgary CFL team
28. "I wandered lonely ___ cloud": start of Wordsworth's "Daffodils" (2 wds.)
31. Vancouver CFL Team
32. Like Bill Gates or Warren Buffet
33. "My gal" of song
34. Overnight stops
35. Military bigwigs
37. Boat
38. Chess or checkers pieces
39. Boast
40. MTV audience
41. Female sheep
42. BC's wooded tropical region (2 wds.)
45. Receives
46. Regrets
47. Revealed
49. Northwest ___: Canadian sea route only recently open to regular marine shipping
52. They handle our mail (2 wds.)
55. Armed conflicts
57. Aardvark's meal
58. Buenos ___, Argentina
59. Audible exhalation
60. Summer drinks
61. Clairvoyant one
62. Foot digit

**Down**
1. Fresh off the grill
2. Electronic journal
3. *Garfield* comic strip dog
4. 28-Across's quotation, e.g.
5. Spanish appetizer
6. Zero, ___, two, ...
7. ___ for the course
8. Edmonton NHL team member
9. Not doing anything
10. Chive relative that's the Welsh emblem
11. Unhappy
13. Campaign poster inscriptions
14. Unearth (2 wds.)
18. From the Emerald Isle
20. Bashes into
23. What visitors to Hawaii often receive
24. Rainbow shapes
25. Muscular strength
26. 1,000 kilograms
27. Chosen at random, as one's lottery ticket
28. Barbecue residue
29. Blessed one
30. European mountains
31. Green citrus fruit
35. Spoiled kid
36. Kings: Fr.
37. Teeter-totters
39. Belief system
40. Very: Fr.
43. The longest river in BC, it has its mouth at Vancouver
44. Boots from office
45. Greenskeepers cut it
47. Toronto group that backed Bob Dylan as The Hawks; with "The"
48. Put chips into a poker pot prior to receiving cards
49. Skin opening
50. A horse's canter or gallop
51. Therefore
52. Rescuers of stalled cars
53. Small batteries
54. "Easy as ___!"
56. That girl

## Yesterday's Crossword

## What's online

See today's answers at metronews.ca/answers.

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | 9 | | 2 | | 1 | |
| 6 | | | | | | | | 8 |
| | | 9 | | 4 | | 2 | | |
| | 6 | 3 | | 7 | | 1 | 8 | |
| | 1 | | | 2 | | | 4 | |
| | 5 | 7 | | 9 | | 6 | 3 | |
| | | 6 | | 5 | | 8 | | |
| 1 | | | | | | | | 3 |
| | 9 | | 3 | | 8 | | 6 | |

## Yesterday's Sudoku

# Sharability

easy — hard

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HELPING KIDS GET IN THE GAME

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